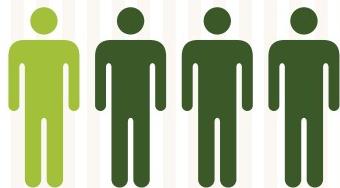


# Beans

## -FOR- Healthy Aging

### Aging Facts



#### The Ontario Population is Aging:

1 in every 4 Ontario citizens will be over the age of 65 by 2041.

Ontario Agriculture  
offers nutrient-rich foods.

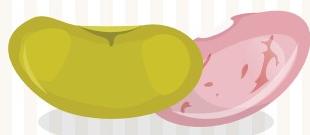


#### Optimal Nutrition is Key

for health promotion and disease prevention as we age.

### Agriculture Facts

**Beans are both a legume and a pulse.**

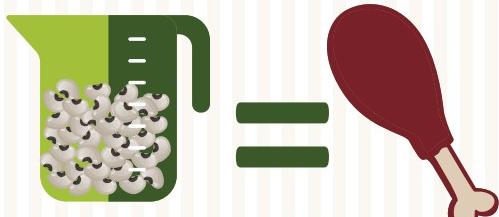


Ontario grows the most beans in Canada



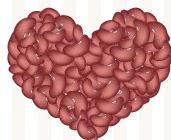
Navy beans are the most common but there are many different varieties grown in Ontario.

### Nutrition Facts



**3/4 cup of beans is 1 serving of a meat alternative.**

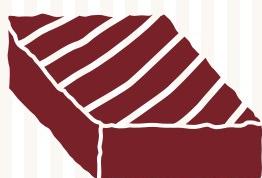
Beans are nutrient rich with their **protein, dietary fibre, vitamins & minerals.**



Beans can help regulate blood sugar to reduce diabetes risk.



### Ways to Enjoy!



Try including **pureed black beans** in your next brownie recipe.



**Canned beans** are ready to eat so open, rinse and add them to your next casserole, pasta or salad.

Consider adding beans to your next omelette.

